COFFEE PERK
JOLT OF JOE KEEPS THE BLUES AWAY: STUDY {page 16}

BOWLED OVER
LIZ HURLEY TO MARRY CRICKETER
DISH {page 15}

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YVR. Rugby

▶ Tyler Hotson addresses the media yesterday as members of the Canadian national rugby team arrive at the Vancouver International Airport yesterday after the 2011 Rugby World Cup. Story, page 4.

PHYLICIA TORREVILLAS/METRO

Home sweet home

New holiday set for 2013

B.C. break would fall on third Monday in February Throne speech also urges courts to televise trials of alleged hockey rioters

The B.C. government is promising to give residents a new civic holiday.

A throne speech yesterday at the B.C. legislature saw Premier Christy Clark's Liberals introducing the Family Day holiday in February,

"Family Day will be inscribed in calendars across British Columbia, joining three other provinces with holidays in February celebrating families," said Lt.-Gov. Steven Point.

"Given our economic circumstances, B.C.'s employers will need time to adjust to this new statutory holiday," he said. "Therefore, the first B.C. Family Day will fall on Feb. 18, 2013."

Clark, who ran for the Liberal leadership with a pledge to put "families first," had promised to create a Family Day holiday on the third Monday in February as part of her leadership bid.

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Lt.-Gov. Steven Point and Premier Christy Clark yesterday.

"This might … help them through a lengthy stretch of the calendar and beat the winter blues," Clark told Metro at the time, while acknowledging that businesses had legitimate concerns about adding another holiday.

Alberta, Saskatchewan, and Ontario already celebrate Family Day. Prince Edward Island has Islander Day, and Manitoba has Louis Riel Day.

The throne speech also called on the courts to televise the trials of people charged in connection with last spring's Stanley Cup riot in Vancouver.

Point said the riot was a dark stain on the province and the breakdown in civil order requires that justice be done and also seen to be done.

"The government also respectfully asks and has asked Crown counsel to advocate for television and radio access to the courts during proceedings for those charged in relation to the Stanley Cup riot," he said.

Television cameras and broadcast recorders are currently not permitted inside courtrooms during trials.

THE CANADIAN PRESS/WITH FILES FROM KRISTEN THOMPSON

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Two more womens' groups quit 'sham inquiry'

The Missing Women's Inquiry is still racing toward an Oct. 11 start date, but stakeholder groups continue to jump off the bandwagon.

Yesterday, the Committee of the Feb. 14 Women's Memorial March and the Downtown Eastside Women's Centre announced they were withdrawing their participation from the inquiry because of the provincial government's ongoing refusal to provide legal aid for many groups, as well as continued perception of bias.

"We have been raising awareness on this issue for over 20 years and demanding an inquiry for decades, but this sham inquiry is flawed and unjust," said Carol Martin, a crisis worker at the DTES Women's Centre.

Seven groups have now completely turned their backs on the inquiry, which is tasked with scrutinizing the police investigation into the Robert Pickton serial killings.

More could follow suit.

The B.C. Civil Liberties Association and Amnesty International have publicly stated that, before deciding whether to continue in the inquiry, they would wait to see how the DTES Women's Centre would proceed.

BCCLA executive director David Eby says the groups are discussing their options now that the centre has abandoned the inquiry.

MATT KIELTYKA

DARRYL DYCK/THE CANADIAN PRESS

▶ Vancouver Whitecaps' goalkeeper Jay Nolly jumps to make a save while warming up before playing the Portland Timbers in an MLS soccer game at the renovated BC Place stadium on Sunday.

BC Place workers vote yes to strike mandate

- Union has 90 days to decide whether to serve 72-hour strike notice
- Workers looking for job security, says union spokesperson

PHYLICIA TORREVILLAS
@METRONEWS.CA

After a much-hyped reopening of BC Place, the reborn stadium now faces a big bump in the road: Its unionized workers voted yesterday in favour of strike action.

Three days of voting by members of the B.C. Government Employees' Union wrapped up Friday for more than 600 workers whose duties include event maintenance, security, hosting, first aid and skilled trades.

The workers have been without a contract since March, and contract talks between the union and the B.C. Pavilion Corporation (PavCo) ceased in September.

BCGEU spokesperson Karen Tankard said the union has 90 days to decide whether it wants to serve 72-hour strike notice.

"We're hoping with this strong strike mandate from our members that we will be invited back to the bargaining table by PavCo," she said. "We don't want a strike. We want a fair, collective agreement."

89%

Eighty-nine per cent of BCGEU Local 1703 members supported the bargaining committee's call for a strike mandate.

Tankard said money is not an issue, but workers are more concerned about job security.

"We know that management wants to downgrade some of our full-time jobs to part-time and they've have been contracting out some of our security work to a private security company," she added.

PavCo released a statement yesterday saying it remains confident that ongoing negotiations with the union will result in an agreement and further talks between BCGEU and PavCo are expected to resume by mid-October.

1

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Squamish homicide victim identified

The victim of a homicide yesterday in Squamish has been identified as 55-year-old Surrey resident William Lim Woo.

In a press release yesterday, Sgt. Jennifer Pound said Woo was known to police and that investigators believe the killing was a targeted homicide.

Hikers found Woo's body on Sunday near the bottom of the Stawamus Chief.

Upon arrival at the scene, police immediately suspected foul play.

METRO

Rescued sea lion to be released

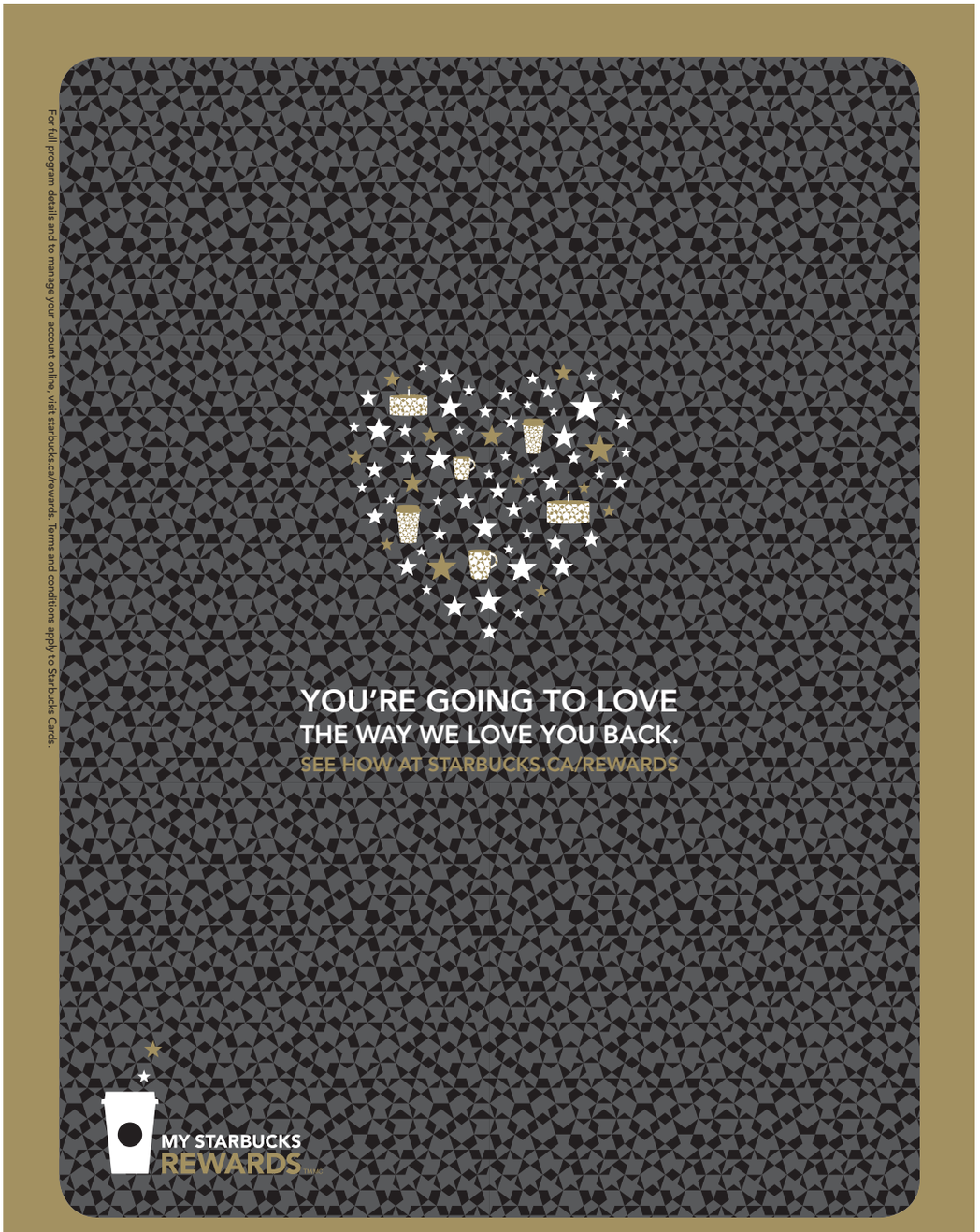
Returning home

- He will be released tomorrow at Otter Point Resort Trailer Park in Sooke.

A California sea lion that was rescued off Vancouver Island on Aug. 23 is ready to return home after five weeks of veterinary treatment and animal care.

Vancouver Aquarium Rescue Centre rescued Flash Gordon, a young male adult sea lion, after locals spotted him with a foot-long fishing flasher hanging from his left cheek.

METRO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PHYLICIA TORREVILLAS/METRO

▶ Jason Marshall of the Canadian National Rugby Team gets a warm welcome from his mother, Helen, at Vancouver International Airport yesterday after coming back from the 2011 Rugby World Cup in New Zealand.

Homecoming for Canadian rugby team

◗ Players overwhelmed by all the fan support ◗ Excited about increased spotlight on the sport

PHYLICIA TORREVILLAS
@METRONEWS.CA

Helen Marshall gave her son, Jason, a big hug as he arrived back in Vancouver yesterday with some of his Canadian National Rugby teammates after a promising run at the 2011 Rugby World Cup.

Canada wrapped up its World Cup journey with a 79-15 loss to the world's No. 1 ranked team, the New Zealand All Blacks, on Sunday.

"The boys worked so hard," Helen Marshall said. "Each one of those games, they played it with their hearts on their sleeves."

Marshall said that the team's run at the World Cup showed great potential and that she's extremely proud of her son.

"(Jason's) living his dream," she said. "To be at world-cup level and to play against the All Blacks, it's just been unreal."

Hometown boy Tyler Hotson said he's just proud of the team's performance and the buzz created to promote the sport in the country.

"We did do well in this world cup, but there's a lot of unfinished business.... We know what we can do, we know where we deserve to be, so hopefully we can push for that and improve for the next world cup," he said.

Hotson said Canadian fans, some of whom flew out to New Zealand for the games, have showed great support for the team. He credits that to the way the team focused on giving back to the community.

The team visited hospitals and schools, and coached underprivileged children while in New Zealand, he added.

But Hotson said his one regret was not rocking the beard his teammates Adam Kleeberger, Hubert Buydens and Jebb Sinclair sported, which charmed a lot of Canadian fans.

"It's kind of a neat, quirky thing that the team's got, and hopefully we can build on that," he said.

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CHELSEA ALTICE/ METRO

▶ NPA candidate Jason Lamarche with his dog, Cletus, in Nelson Park yesterday.

Retail sales dog-gone?

If elected, NPA candidate Jason Lamarche plans to end puppy sales in retail stores as a way to combat puppy mills and promote responsible ownership.

"It's about connecting issues we believe in, and as a dog owner I feel strongly about this," said Lamarche, in his first press conference yesterday.

He said the ban would prevent impulse purchasing and the sale of dogs from puppy mills.

Nearby, dog owner Tyson Lee supported Lemarche's initiative and said he adopted his dog from a 16-year-old girl who could not care for the dog once he was grown.

"There are so many dogs to buy past the age of six months because nobody wants them after they're not cute puppies," Lee said.

With more than 100,000 dogs in Vancouver, the safety and treatment of dogs is an important issue and he believes many citizens will support his plan, Lamarche said.

CHELSEA ALTICE

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Firms plead guilt in burst-pipeline case

Three companies have pleaded guilty for their roles in bursting a pipeline that showered a Burnaby neighbourhood with crude oil four years ago.

Construction crews digging a sewer-line trench punctured two holes in a pipeline, causing nearly 250,000 litres of synthetic crude to gush onto nearby homes and into the Burrard Inlet.

The pipeline was owned by Kinder Morgan subsidiary Trans Mountain Pipeline, which was charged along with construction company Cusano Contracting and the engineering firm R.F. Binnie.

The companies have pleaded guilty, and each have agreed to pay $150,000 in fines, nearly all of which would go to the Habitat Conservation Trust Foundation.

In addition, Trans Mountain has also agreed to pay $100,000 to the British Columbia Common Ground Alliance, a non-profit industry group that promotes safe practices to protect underground infrastructure.

The judge has yet to approve the agreed sentencing recommendations and will rule in a few weeks.

THE CANADIAN PRESS

ARIANA KAKNEVICIUS/FOR METRO

▶ Firefighters gather on Granville Street.

Blaze was deliberate: Firefighter

A building that caught fire on Granville Street yesterday morning appears to have been deliberately set ablaze, Vancouver firefighters said yesterday.

At 2 a.m., Vancouver Fire and Rescue Services were called to the second-alarm fire at Granville and Helmcken streets.

"The fire was extinguished quickly, but there is a substantial amount of fire, smoke and water damage to the unit," said Capt. Gabe Roder.

No injuries were reported.

ARIANA KAKNEVICIUS

News in brief

3 charged in drug scheme

SMUGGLING. Charges have been laid against three B.C. men, and police say more charges may be coming in a cross-border drug-smuggling scheme reaching from Saskatchewan to B.C.

The RCMP say cocaine smuggled into Canada across unmanned border points in southern Saskatchewan was destined for B.C., while ecstasy was headed to the U.S. Pacific Northwest.

Charges have been laid against two Vernon-area men, 25-year-old Brock Ernest Palfrey and 50-year-old William Bruce Larsen, and a Golden man, 28-year-old Ronald Charles Learning.

THE CANADIAN PRESS

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Knox freed from prison

- Italian appeals court clears U.S. student of murder conviction
- Judge orders immediate release

An Italian appeals court threw out Amanda Knox's murder conviction yesterday and ordered the young American freed, a stunning reversal four years after she was jailed for the death of her British roommate.

Reports say she left prison late last night and will fly home to Seattle with her family today.

▶ Amanda Knox

Knox, 24, collapsed in tears after the verdict overturning her 2009 conviction was read out. Her co-defendant, Italian Raffaele Sollecito, also was cleared of killing 21-year-old Meredith Kercher in 2007.

The eight-member jury acquitted both Knox and Sollecito of murder after a court-ordered review cast serious doubts over the main DNA evidence linking the two to the crime.

The judge upheld Knox's conviction on a charge of slander for accusing bar owner Diya "Patrick" Lumumba of carrying out the killing. He set the sentence at three years, meaning for time served. Knox has been in prison since Nov. 6, 2007.

The Kercher family looked on grimly and a bit dazed as the verdict was read out by the judge after 11 hours of deliberations. Outside the courthouse, some of the hundreds of observers shouted "Shame, shame!"

THE ASSOCIATED PRESS

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Tensions. Rising

▶ Palestinians hold pictures of relatives being held in Israeli jails during a protest calling for their release in the West Bank city of Nablus yesterday.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

Fires fuel controversy

Tensions in the region escalated yesterday after arsonists torched a mosque in an Arab village in northern Israel. Graffiti sprayed at the site suggested Jewish radicals, suspected in other recent mosque fires, were involved.

New York mayor grilled at fraud trial

Mayor Michael Bloomberg testified yesterday against a former campaign operative accused of bilking him out of more than $1 million, then underwent hours of cross-examination by a defence lawyer who questioned whether he had skirted the law himself.

"He promised things that he didn't do," Bloomberg said of John Haggerty, who is accused of persuading the mayor and his staff to finance an expansive poll-monitoring initiative that never materialized, then using most of the cash to buy himself a house.

The defence has sought to paint a picture of Bloomberg as a high-rolling candidate surrounded by privileged insiders who skirted ethics rules.

THE ASSOCIATED PRESS

News in brief

MATT SAYLES/THE ASSOCIATED PRESS FILE

▶ Gene Simmons and Shannon Tweed

Simmons, Tweed wedding benefits SPCA

DONATIONS. The Saskatoon SPCA says it is $5,700 richer thanks to the wedding of reality TV star Shannon Tweed and Kiss rocker Gene Simmons.

The couple wed in Beverly Hills, Calif., on the weekend and, instead of setting up a gift registry, asked guests to consider donating to the SPCA. Tweed, a former Playboy model born in Newfoundland, was raised in Saskatoon. **THE CANADIAN PRESS**

Berlusconi aides face trial

INDICTED. A Milan judge yesterday ordered three aides to Premier Silvio Berlusconi to stand trial on charges they allegedly recruited a Moroccan girl and several women for prostitution.

All three have denied wrongdoing.

The trial begins Nov. 21. **THE ASSOCIATED PRESS**

Massacre site opens to media

NORWAY. Norway opened the island of Utoya to journalists yesterday, the first time since confessed mass killer Anders Behring Breivik massacred 69 people at a youth camp in July, with the ruling Labour Party vowing to ensure its idyllic retreat transcends tragedy. **THE ASSOCIATED PRESS**

Got (breast) milk?

- Petition latest push in Alberta for human-breast-milk bank
- Would be used for pre-term babies, moms who can't produce milk: RN

HEATHER MCINTYRE
@METRONEWS.CA
METRO CANADA IN EDMONTON

Support for a human-breast-milk bank in Alberta is growing, and an Edmonton woman is doing what she can to pump it up even further.

Erie Melnyhchuk, a registered nurse and lactation consultant, began advocating last year and started a petition last week, though she noted it's a long process, due to the need for funding, space and government support.

"We would be using the breast-milk bank for preterm babies and if mothers couldn't produce milk," Melnychuk said. "I know there are needs for that."

Natasha Chiam agrees.

"My first son was a preemie, so we spent just about three weeks in (the neonatal intensive-care unit)" said Chiam. "I was able to pump enough milk for him, but had I not been able to, I would have chosen it over formula."

But Natasha Proulx, mom to one-year-old twins, isn't so sure.

"I tried to nurse and ended up using formula," she said. "I would want any breast milk to come from me, not another mom. I know it's tested but I still might feel uncomfortable."

For now Melnychuk plans to use the petition to continue to garner more support.

HEATHER MCINTYRE/METRO

▶ Erie Melnychuk poses with two bags of her frozen breast milk.

Milk sharing

- There is currently only one human-milk bank in Canada, located in Vancouver.
- The Petition for Public Interest in a Human Milk Bank in Alberta, online at petitiononlinecanada.com, had more than 200 signatures yesterday afternoon.
- The Facebook group Human Milk 4 Human Babies — Alberta is a popular way to share breast milk.

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Steinman's Nobel stands

SETH WENIG/THE ASSOCIATED PRESS

▶ Family of Nobel Prize winner Ralph Steinman — from left, daughter Lesley, wife Claudia and son Adam — walk in front of a picture of Steinman during a ceremony honouring him at Rockefeller University in New York yesterday.

Nobel group did not know Canadian had died on Friday

Canadian-born Ralph Steinman was awarded the Nobel Prize for medicine yesterday — three days after pancreatic cancer claimed his life, despite the scientist's efforts to adapt his own discoveries in immunotherapy for treatment.

In what seems a particularly cruel twist of fate, Montreal-born Steinman, 68, never knew he had been awarded medicine's most sought-after prize, which is shared with American Bruce Beutler and Jules Hoffmann of France.

Since 1974, the Nobel statutes don't allow posthumous awards unless a laureate dies after the announcement but before the Dec. 10 award ceremony.

After an emergency meeting yesterday, the Swedish foundation said the prize would remain, saying: "The Nobel Prize to Ralph Steinman was made in good faith, based on the assumption that the Nobel laureate was alive."

THE ASSOCIATED PRESS

Discovery

- Steinman's discovery dates back to 1973, when he found a new cell type, the dendritic cell, which has a unique capacity to activate T-cells.
- Those cells have a key role in adaptive immunity.

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Apple fans amped for new iPhone

Company expected to unveil iPhone 5 today First upgrade of the popular smartphone since June 2010

Apple Inc. is expected to announce a new, more powerful version of its wildly popular smartphone today.

And as in the past, consumers are likely to clamour for it. Apple analyst Tim Bajarin says the company could sell more than 25 million iPhones during the holiday quarter, which would be well above the 16.2 million it sold during the holidays last year.

"There's huge pent-up demand for this," Bajarin said.

The first iPhone was launched in 2007, and its slick looks, high-resolution screen and intuitive software made it a winner from the start.

39M

From January to June of this year, Apple sold 39 million iPhones.

The new iPhone is expected to have a number of changes, the biggest of which will likely be the inclusion of Apple's latest iOS mobile software, iOS 5. It includes wireless device setup and content synching as well as beefed-up camera, email and Web-browsing apps.

The phone is also expected to have Apple's forthcoming iCloud service, which stores music, documents, apps and photos on Apple servers and lets users access them wirelessly on numerous devices. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
-372 (11,251.84)	- 0.26¢ (95.14¢ US)

Oil	Natural gas 1,000 cu ft
- $1.59 ($77.61 US)	$3.617 US (- 4.9¢)

Gold $1,657.70 US (+ $35.40)

Flesh. Mob

▶ Protesters dressed as zombies march through the New York financial district yesterday.

JOHN MINCHILLO/THE ASSOCIATED PRESS

'Zombies' attack Wall Street

Activists speaking out against corporate greed showed no sign yesterday of giving up their campaign in New York City, with organizers urging participants to dress as "corporate zombies" and rally against police brutality after the weekend arrests of 700 people. Occupy Wall Street is now in its third week.

Mulling next steps in Greece

Inspectors from the IMF, European Central Bank and European Commission are in Athens this week reviewing reforms to see if Greece qualifies to receive the next 8-billion-euro instalment of its 110-billion-euro bailout. Without it, Greece will run out of funds to pay salaries and pensions in mid-October. THE ASSOCIATED PRESS

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THIS BARISTA'S CUP IS STILL HALF FULL

SHE SAYS ...

JESSICA NAPIER
METRO

After high school, I sunk six years and thousands of dollars into post-secondary education. And yet, I managed to learn some of life's greatest lessons from behind the counter at a local coffee shop.

For four years I worked evenings and weekends slinging cappuccinos for $6.25 an hour and actually loved almost every minute of it. Sure my hair permanently smelled of Guatemalan dark roast, but as far as part-time jobs go, being a barista is a pretty good gig. I enjoyed an endless supply of free coffee (an integral component in my scholarly success) and made a series of interesting new friends I might never have met otherwise. And while a large percentage of my fellow employees were the Hipster Barista meme personified, they were always happy to share the last piece of lemon poppy-seed cake or make me a mix CD.

"I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations."

I certainly wasn't the best barista in town — my latte art always ended up looking like a Jackson Pollock abstraction rather than a perfectly swirled leaf — but over the course of my coffeehouse tenure, I learned some pretty neat things. I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations.

But the most important lesson I learned in those barista years is this: people are pretty rude, especially before they've had a cup of coffee.

They say the customer is always right; this is true about 50 per cent of the time (I'm being generous here). The other 50 per cent of the time you just have to fake it. And so I happily smiled through strings of obscenities and personal insults, apologized when I wasn't at fault and prepared new drinks for those who had ordered incorrectly to begin with.

Working in the coffee shop wasn't really about mastering the roasting scale or brewing techniques; it was about standing on your feet and taking customer abuse for 10 hours a day without letting it crush your soul. Underpaid and overworked, I know just how difficult life can be on the other side of the counter and I'm a better person for it.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Should the sale and distribution of raw milk be legal?

80%
YES. LET CONSUMERS DECIDE

20%
NO. IT'S A HEALTH RISK

Local tweets

- **@Metro Vancouver:** RT @pacificparkland: Happy #WorldHabitatDay everyone! We are so fortunate to live in such a green region @MetroVancouver
- **@jodyvance:** And so it begins. Back in the Rogers family -- starting Oct 17th I will co-host BT on CityTV Vancouver with Riaz. #goodtimesahead
- **@FarhanLaljiTSN:** Penguins place Crosby on IR meaning he has to miss at least the first week of the season. Won't play in season opener in Van vs #canucks
- **@ArtemChubarov:** The #Canucks top-8 defenseman have combined to score a whopping total of 36 power-play goals in the last three seasons. Ehrhoff? 17.
- **@SamVan11:** 3 more days till the @NHL regular season starts! #soexcitied #canucks #nhlfaceoff
- **@msccust:** #BCPlace renos drew many BCians out to the #Whitecaps game, only to remind them they're CDN and don't like soccer. #bcpoli #cdnpoli

Letters

A few days ago, I took the unusual step of sending BC Hydro a registered letter. In that letter I told them that they do not have permission to put a "smart meter" on my house. I also affixed a copy of that letter to the side of my house, beside my power meter.

In my considerable research I had found that these "smart meters":

1. Transmit waves which are very harmful to living tissue into our home and across our neighbourhood.
2. Monitor our family activities by detecting our use of various electrical devices in and around the home (which makes them an in-home surveillance system).
3. Put the metering of power into a digital format subject to manipulation (by a nearly bankrupt corporation) and outside my ability to monitor or contest.

When a huge corporation like BC Hydro takes a decision to run against our interests and safety, we and our elected officials are duty-bound to take control of that decision and turn it around.

DAVE HICKEY
B.C.

Open. Wide

▶ A performer puts his head inside a crocodile's mouth to retrieve some money at Samutprakarn Crocodile Farm in Bangkok.

RICHARD JONES / SINOPIX/REX FEATURES

Photo of the day

The fearless teen slipped his head inside the croc's huge mouth, perilously near two rows of fearsome razor-sharp teeth. It was no mean feat, considering a crocodile's jaw is the strongest of any living animal, including the great white shark.

WEIRD NEWS

Drink your words

MORSKOIBOY.COM

If you ever wondered what words taste like, now you're in luck. Misha Volodin from St. Petersburg, Russia, a 30-year-old music-shop clerk by day, disc jockey Morskoiboy by night, spent his after-work hours building a contraption that mixes cocktails by typing on a keyboard.

Metro asked him how it works:

"Behind each of the letter keys is a syringe pump, filled with your choice of liquid. When you press a key, its letter lights up on the screen. But instead of using liquid crystals, as in other electronic displays, my machine's display functions via multicoloured syrups and liquids. Yes, this machine converts words into cocktails.

"Attached in the back of the keyboard, there are slots for the bottles with coloured beverages in them. There are 26 slots altogether, one for each letter of the Latin alphabet. When a syringe stem goes up, liquid is taken from the bottle connected to it. There are 136 tubules inside, equaling about 30 metres of tubes and pipes."

METRO WORLD NEWS

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A real horror show

FX set to premier American Horror Story ◆ Does this haunting homage have staying power?

HANDOUT

American Horror Story is a new twist on the time-honoured story of an unsuspecting family taking up in a haunted house.

Just when you needed it, the FX network is throwing American Horror Story at you.

To judge from its first two episodes, it's a robust diversion from the real-life droughts and hurricanes, joblessness and political stalemate that were already giving you the willies. It aspires to be The Shining-meets-Rosemary's Baby, with Carrie and Don't Look Now tossed in.

But more than a dead-on horror show, it's a homage to cinematic spookery. And a good one. In short, American Horror Story doesn't really scare you. It just gets in your head. The big unknown: Is it wily enough to stay there, week after week?

Alert: Spoilers coming up — which is another way of saying you might just as well apply the time you'd spend reading this to watching the premiere and then making up your own mind. You'll find it a memorable experience, at least.

From the fertile imaginations of Ryan Murphy and Brad Falchuk (Glee, Nip/Tuck), American Horror Story has a premise that is simple and time-honoured: A haunted house is occupied by a likable, remarkably unsuspecting family.

FX comes to Canada

- American Horror Story will air on FX Canada, which will launch on Nov. 1 as a digital service.

Ben Harmon (played by Dylan McDermott) is a Boston psychiatrist who has been caught cheating by his wife, Vivien (the wonderful Connie Britton of Friday Night Lights). They need to make a fresh start. They and their teenage daughter, Violet (Taissa Farmiga) pull up stakes and head cross-country for Los Angeles.

"This place is our second chance," Ben tells Vivien, whose forgiveness he desperately seeks.

This place, the family's new homestead, is a looming "classic L.A. Victorian from the 1920s," according to the real-estate agent showing them around. But it seems more like a vestige of Monster Chiller Horror Theater, a domicile whose past residents have, of course, died gruesomely.

Sold!

If the elements of this horror story seem second-nature, they take the form of striking imagery that, at times, makes them as unsettling as they are familiar.

The house also comes with strange neighbours. Jessica Lange plays Constance, a busybody Southern belle with an even more intrusive daughter, Adelaide, who (like Jamie Brewer, portraying her) has Down syndrome.

The premiere dumps a number of major questions on the audience, including the most fundamental: Why do the Harmons stick around in this crazy house?

THE ASSOCIATED PRESS

2 scene

Scene in brief

The Bluth family's frozen banana stand may be back in business. At an Arrested Development reunion Sunday at the, the creators and cast announced plans for a new TV show that spins off the show. They also discussed plans for a much-awaited movie.

THE ASSOCIATED PRESS

Andy Rooney considers himself lucky as he ends weekly 60 Minutes run after 33 years.

RICK MERCER REPORT
Tonight everything is up in the air as Rick goes to the International Air Show in Windsor, ON.
46
cbc.ca/mercerreport
Tonight at 8/8:30NT
followed by 22 Minutes and
Michael: Tuesdays and Thursdays
CBC

Estes: TV cop meets health food nut

Blue Bloods star Will Estes tracks down bad guys by day, and chills with fresh-pressed juices in spare time

MEREDITH ENGEL
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

You could say that life's pretty good these days for Blue Bloods star Will Estes.

"I've always loved to be in New York, and I've actually always wanted to play a cop, so this was sort of the culmination of the two for me," he laughs. "If I can't be happy now, there's no hope for me."

Season 2 of the procedural following a family of NYPD officers premiered last month, and Estes tells us his character, Jamie, is going to be taking on some sly new detective work this year. "Early on in the season my character is doing some plainclothes work, trying to see if a bar is serving alcohol to underage minors, and ends up connecting with a guy whose family has connections with organized crime," he says. "It makes me a candidate to try and get closer to an organized crime family, so I'm very looking forward to doing undercover work."

He's also looking forward to more work with his on-screen brother, a Marine-turned-detective played by Donnie Wahlberg.

"I love doing scenes with Donnie because his character's so different than mine," Estes says. "Jamie's a really smart guy. He was lucky enough, smart enough to go to Harvard and graduate with a law degree. He's an interesting counterpoint, I think, to Donnie's character, Danny, [who has a] 'get it done,' humble, bullheaded personality."

Their father and the city's police commissioner is played by Tom Selleck, and Estes says the veteran actor is a a dream to work with. "He's one of the most gracious, professional people that I've ever worked with," he says of Selleck.

Although he plays a bad-guy-busting cop, Estes enjoys a quiet life off the set.

"I'm such a nerd," he says. "I bought this great juicer and I'm making my own juices at home. It's a whole process. I'm kind of a health food nut."

First a cop, next an entrepreneur? "I thought about opening a bar where people could do shots of raw cold pressed ginger. I think half the fun of doing a shot is it's kinda hard to do, and doing a shot of raw cold pressed ginger is just as hard as doing a shot of tequila. I think there might be a market for it."

BLUE BLOODS AIRS FRIDAY NIGHTS ON CTV.

HANDOUT PHOTO

▶ Blue Bloods actor Will Estes says his role as a New York cop in the series Blue Bloods is a dream come true.

TV picks

Parenthood crush revisited

ROMANTIC RETURN. The cancellation of the sci-fi serial The Event meant star Jason Ritter was free to return to his previous role on Parenthood, as an idealistic English teacher with a sweet spot for Lauren Graham's Sarah.

While the two have been circling one another for the first part of the show's third season, they're set to take their friendship to the next level tonight. Meanwhile, Haddie and Alex grow apart, Crosby and Adam disagree and Drew's first date isn't what he expected. Is it ever? (Citytv, NBC)

New Girl heads to a wedding

INDIE GIRL CHARM. One of the runaway hits of the fall season has been the quirk-a-thon sitcom New Girl, starring doe-eyed film star and indie It Girl Zooey Deschanel.

The show will try to maintain its early momentum with a third instalment tonight, which finds Nick asking Jess to be his date at a wedding because he's worried he'll run into an ex. Natasha Lyonne guest stars. (Citytv, Fox)

THE CANADIAN PRESS

MATT CARR/GETTY IMAGES

▶ Seth Rogan

Funny People galore at Rogan's wedding

Seth Rogan celebrated the release of his new film, 50/50, by marrying his longtime girlfriend, writer Lauren Miller, at Kunde Estate in Sonoma, Calif., according to Us Weekly.

"The wedding was more laughs than anything else," a source says of the three-day celebration.

"Every other line was a joke and the crowd couldn't contain their laughter. It was nonstop fun!"

That's not surprising, given that the guest list included Judd Apatow and his wife, Leslie Mann, as well as Jonah Hill, Paul Rudd and the Office star Craig Robinson.

METRO

Martha does what with the door open?

Stewart's daughter releasing book that features some disturbing revelations about domestic diva

MARK VON HOLDEN/GETTY IMAGES

▶ Martha Stewart

Martha Stewart is getting the "Mommy Dearest" treatment from daughter Alexis Stewart in a new memoir, Whateverland: Learning to Live Here, which will be released later this month.

"Martha does everything better! You can't win!" Alexis writes in the book, according to the Daily Mail.

"If I didn't do something perfectly, I had to do it again. I grew up with a glue gun pointed at my head."

Alexis also makes some startling revelations about the domestic diva's hygiene, revealing that Martha "always peed with the door open," according to the book.

"I remember saying, 'You know, now I have friends over! You can't do that anymore! It's gotta stop! My friends' parents don't do it! Give me a break here! I don't feel like being embarrassed! It's exhausting! I'm a kid! Stop!'" METRO

Celebrity tweets

@JessicaSimpson

What kind of music would y'all want from me on my next album? Thinking about going back to the studio

@oliviawilde

Auto-correct strikes again. My phone turns "fed" into "F'ed" which is awkward when telling my roommate I gave the dog his food.

@RealRonHoward

Bryce is directing up a storm Even preggers

@AlbertBrooks

Watching Michael Jackson trial. I say O.J. is guilty.

Hurley engaged to cricketer

With her divorce from Arun Nayar finalized in June, Elizabeth Hurley is ready for marriage again.

The actress is now engaged to cricket player Shane Warne, the happy couple confirmed on Twitter.

"Shane Warne has confirmed his engagement to actress Elizabeth Hurley after proposing at the Alfred Dunhill Links Championship," a rep for the golf tournament said in a press release.

Hurley had recently been spotted sporting a massive sapphire ring, which is suspected to be her engagement ring.

Elizabeth Hurley

METRO

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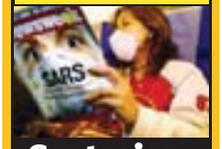

Contagion freak out

Steven Soderbergh's Contagion has everyone squirming and itching — and for good reason. The movie's deadly pandemic virus is being backed — not snubbed —by scientists at the CDCP (Centers for Disease Control and Prevention). It's modeled on a fatal South Asian infection, Nipah Virus, known to have migrated from animals to people.

METRO

Scientists shake it up in dance video for McGill cancer research centre. Scan this code to read the story and watch the video.

ISTOCK PHOTOS

▶ Drinking coffee on a regular basis can keep a smile on your face.

Java keeps you jovial

Harvard study shows coffee drinkers at lower risk of developing depression So, drink up

CELIA MILNE
LIFE@METRONEWS.CA

Go ahead, be happy. Have a cup of java.

A large study at Harvard set out to find whether drinking coffee was associated with depression, as previous studies had hinted. Results were surprising.

"Regular coffee drinkers have a lower risk of developing depression than non-coffee-drinkers," Dr. Albert Ascherio, professor of epidemiology and nutrition at Harvard University school of public health, told Metro.

Researchers analysed records for 50,739 women who participated in the Nurses' Health Study. None of these women had depression at the start of the study in 1996.

They were asked how much caffeine they consumed, and they were followed until 2006. In that time, there were 2,607 cases of depression.

They compared women who drank one cup of coffee or less per week to those who drank two to three cups per day, and found the latter had a 15 per cent decrease in risk for depression.

And those who drank a whopping four cups a day were at a 20 per cent decrease in risk.

The authors — not wanting women to start drinking copious amounts of coffee helter skelter —note that these results need to be duplicated in other studies.

"Because of its observational design, this study cannot prove that caffeine or caffeinated coffee reduce the risk of depression, but only suggest the possibility of such protective effect," says Ascherio.

What is healthy?

How much coffee is safe for you?

Numbers Health Canada suggests that healthy adults can drink up to three cups of coffee a day.

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Another reason to quit smoking

Cigarettes cause strokes earlier, Ottawa study finds

A new comparison of patients at an Ottawa stroke prevention clinic suggests that those who smoke have strokes or mini-strokes at a younger age than non-smokers.

In fact, the smokers were almost a decade younger when they were referred to the clinic for treatment — with an average age of 58, compared to an average age of 67 for non-smokers.

The researchers stumbled upon the findings in the midst of another study aimed at finding out whether medication would help people quit smoking.

The study involved 982 people treated at the centre between Jan. 2009 and Mar. 2011.

They were at high risk for stroke after having a mini-stroke known as a transient ischemic attack, a suspected TIA or an actual stroke.

"We started to look carefully at who these people were that were being referred to us who are at high risk for stroke, how old they were, whether they were men or women, where they came from, and that's what led to this surprise finding," said one of the principal investigators, Dr. Mike Sharma.

THE CANADIAN PRESS

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Family First-Aid Essentials Every year more than 3 million Canadians end up in an ER because of an injury, but many of those visits are unnecessary because the injuries may be minor. Writer Michelle Villett checked with leading experts to find out what the essentials are about some of the basic remedies for a family first-aid kit.

For minor cuts and scrapes: Try Polysporin, Bactroban or Ozonol. These topical ointments contain antibiotic ingredients and treat against minor infections.

For minor burns/sunburns: Try Aspirin, Advil, Aleve or Tylenol. Each have different active ingredients but all work by temporarily blocking the body's production of prostaglandins, which activate pain and fever.

For insect stings and minor skin irritations: Try Life Calamine Lotion with Antihistamine, Benadryl Itch Stopping Cream, Cortoderm Ointment. These relieve symptoms of local inflammation.

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Changing face of Opus' eatery

- The hotel's restaurant alters its menu & interior design every 100 days
- The current Italian menu offers traditional dishes in a flashy dining room

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

Can women relate to Cento Notti? Yaletowners might.

As beauty conscious females switch hairstyles, Davie Street's trendy boutique hotel restaurant swaps its menu and interior design every 100 days.

First unveiled as '100 Days', the capricious restaurant has survived two makeovers since: '100 Nights', and now, its Italian counterpart, which you may find vaguely reminiscent of Jersey Shore.

With twinkling Mardi Gras beads strewn from the ceiling, shimmering gold walls, and voluptuous Italian sculptures, the room is wild — especially, after hours when the party picks up.

As for food, my Spaghetti Bolognese ($16) was like an expertly woven bird's nest. It sat heavy and dense in the bowl, the interlocking spaghetti noodles bearing the weight of the heavily meaty sauce. Rich ground beef, sweet tomatoes, and blue cheese added full-flavoured gusto to the satisfying, well-portioned dish.

A buttery slice of plain, house made focaccia bread wiped the plate clean.

ERIN IRELAND

▶ Spaghetti Bolognese ($16)

Cento Notti at the Opus Hotel
350 Davie St.
604-642-0557
onehundrednights.ca
Social lunch: Yes
Price range: $10 - $30
Rating: 3.5 out of 5

A PROBLEM THAT HAS TROUBLED COUPLES FOR AGES

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

I'm always arguing with my wife about the remote control in our bedroom. What side of the bed should it stay on and who has control of the channel we are watching?

This problem is in the bedrooms of most Canadians!

I have dealt with this exact issue in the homes of my clients.

The answer is simple — buy two remotes with your TV. Generic remotes from your local hardware or department store are often available.

But now who gets to pick the TV program?

Butlers are wise people but this is a couples problem that only the two of you can resolve.

I would suggest negotiating and playing United Nations in your bedroom. Taking turns every other show or every other day is your choice.

Remember, the nicer you are to your wife, the nicer she will be with you!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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Beware Black October

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Ghosts and goblins and stock market bears — oh my! Investors should be aware of October's dark forces. It isn't the worst month historically for the stock market (that honour belongs to September), but it is the month of the most memorable stock market drops (see the table above).

One October market stumble that didn't make the list is what is sometimes referred to as the Asian Flu of 1997, which pulled the market into a crevasse on October 27th, 1997.

It was a stomach churning 508 point, one-day drop of over seven per cent.

Another market crash is the dot-com collapse between early 2000 and late 2002. The overall market decline didn't match that of the previous Black Octobers, but the technology laden NASDAQ was hammered, losing nearly 80 percent over 20 months.

By the time the lengthy technology unwinding officially ended early in October, countless portfolios had been shattered by Nortel, JDS Uniphase, Cisco, WorldCom and on and on.

Another October that doesn't rank in the top eight in terms of declines was in 2007. But it fits with other deadly Octobers since that month was the beginning of the U.S. real estate bubble popping. Pulled down by the housing implosion, the S&P 500 dropped steadily before it came to rest at bottom in March 2009.

What lessons can we learn from the past? There's one that pops to mind. Dollar cost averaging is your best friend. This is the practice of buying regularly over time rather than in lump sums here and there. Don't guess which way the market is going. Don't try to time the market and jump in and out of investments.

If you are happy with the quality of your investments (stocks, exchange traded funds, mutual funds or bonds) then buy them regularly over time and you will smooth out the impact of all those nasty Octobers.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Dark days, indeed

Here are eight memorable stop market drops that top the list for the Dow Jones Industrial Average in the season of the pumpkin.

- **October 1987:** -21%
- **October 1929:** -20%
- **October 1907:** -15%
- **October 2008:** -14%
- **October 1932:** -13%
- **October 1917:** -11%
- **October 1937:** -11%
- **October 1930:** -10%

*All figures rounded

ISTOCK

▶ Alison's money rule: October is often brutal on the stock market but you can protect yourself with smart investing practices.

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OCTOBER 4TH – 7TH
I believe what is happening to our economy right now is NOT a "normal" cycle of recession, but a radical change that could wipe out the Middle Class and leave us with a society of only rich and poor.
DO YOU WANT TO BE RICH OR POOR?
YOU HAVE THE POWER TO CHOOSE
A crisis like this is really your biggest opportunity because all the losers give up, and the playing field is left wide open to people who understand "The New Rules of Money." The winners will be people like you. That's what my Rich Dad Education™ training team will show you at a FREE "Learn to Be Rich" Workshop.
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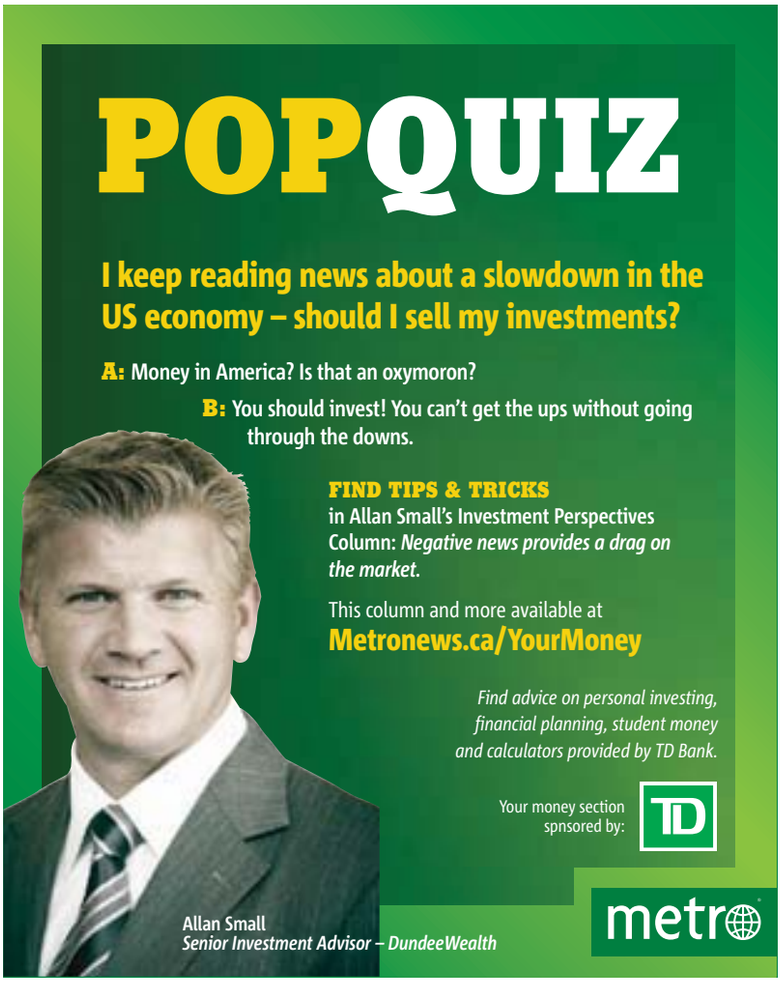
POPQUIZ
I keep reading news about a slowdown in the US economy – should I sell my investments?
A: Money in America? Is that an oxymoron?
B: You should invest! You can't get the ups without going through the downs.
FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: Negative news provides a drag on the market.
This column and more available at
Metronews.ca/YourMoney
Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.
Your money section spnsored by:
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Allan Small
Senior Investment Advisor – DundeeWealth
metro

4 sports

Quoted

"There's no panic mode here."

ARIZONA DIAMONDBACKS THIRD BASEMAN RYAN ROBERTS. THE DIAMONDBACKS TRAIL THE MILWAUKEE BREWERS IN THE BEST-OF-FIVE NATIONAL LEAGUE DIVISION SERIES HEADING INTO TONIGHT'S GAME 3.

MIKE EHRMANN/GETTY IMAGES

▶ Texas catcher Mike Napoli, right, appeals to an umpire on a check swing from Tampa Bay's Ben Zobrist last night in St. Petersburg, Fla.

ALDS points back in Rangers' favour

Rays lefty Price drops to 0-6 lifetime against Texas in nine career starts

RANGERS	RAYS
4	3

Back on the road in the playoffs, the Texas Rangers won again.

Colby Lewis outpitched all-star David Price, Mike Napoli hit a go-ahead two-run homer and the defending AL champions survived a shaky night from the bullpen to hold off the Tampa Bay Rays 4-3 last night in Game 3 of their post-season series.

The Rangers' fourth-straight division series road win matches the third-longest streak in major-league history and gives Texas a 2-1 lead heading into Game 4 today. Texas won three ALDS games St. Petersburg, Fla., a year ago, when it eliminated Tampa Bay in five games.

Playing in front of the first sellout at Tropicana Field since opening day, Desmond Jennings hit two solo homers for the Rays. Tampa Bay kept it interesting by scoring twice off Rangers relievers before Neftali Feliz got four outs for his second save of the series.

"It was three of the toughest innings that we experienced all year," Rangers manager Ron Washington said of the late-game drama.

Price was the losing pitcher in two of the Rays' playoff losses in 2010 and welcomed the opportunity to try to redeem himself.

The all-star took a 1-0 lead into the seventh, thanks to Desmond Jennings' fourth-inning homer off Lewis.

But Texas third baseman Adrian Beltre singled leading off the seventh against Price. Napoli then lifted a 2-2 pitch into the seats in left-centre for a 2-1 advantage. Josh Hamilton made it 4-1 with a two-run single off reliever J.P. Howell.

"Napoli has just been — this is the year of the Napoli, man," Rays manager Joe Maddon said. "He is just hot. And he got a pitch."

THE ASSOCIATED PRESS

Tigers have Yankees on brink

TIGERS	YANKEES
5	4

Justin Verlander struck out 11 in eight gritty innings and Jose Valverde stopped a New York Yankees rally for the second straight night, whiffing Derek Jeter with two on, to close out the Detroit Tigers' 5-4 win last night.

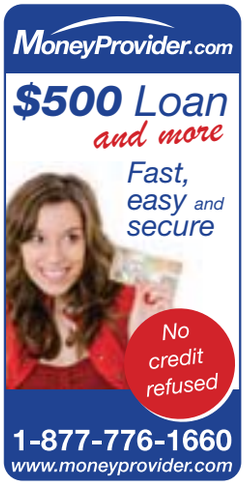
Delmon Young hit a tiebreaking homer in the seventh off Rafael Soriano and the Tigers took a 2-1 lead in the best-of-five American League playoff, pushing the Yankees to the brink of elimination.

Their hopes ride tonight on A.J. Burnett, the pitcher who was so unreliable this season that he wasn't supposed to get a start in this series. A storm changed all that when Game 1 was suspended Friday night, forcing both teams to alter their pitching plans.

Verlander and New York ace CC Sabathia were back on the mound after their series-opening matchup at Yankee Stadium was halted after only 1 ½ innings.

While Sabathia didn't make it through the sixth last night, Verlander was still hitting 100 mph on the radar gun in the eighth.

Valverde took over in the ninth — and another dramatic ending followed. The all-star closer, who was perfect in 49 save chances this season, walked two and got a warning-track fly-out before striking out Jeter to end it. THE ASSOCIATED PRESS



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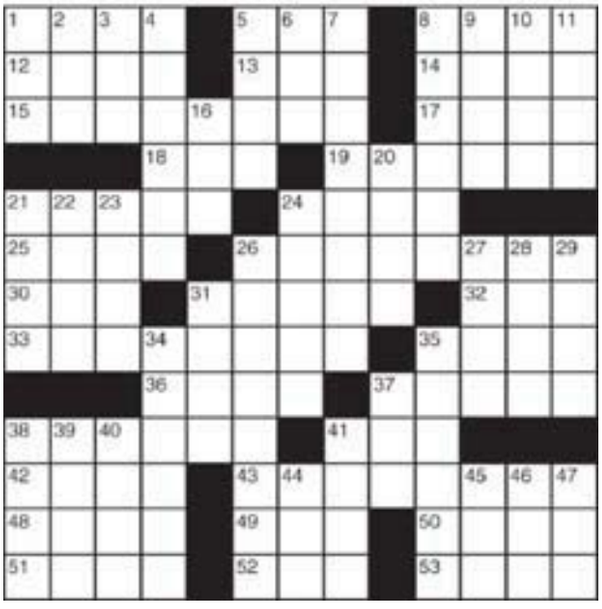

Across

1 "Zounds!"
5 Not operating
8 Pump or oxford
12 Long story
13 Squeezing snake
14 Day fraction
15 Athletic awards
17 Deserve
18 Stone in a peach
19 Raspy
21 Induces ennui
24 Half-quart
25 Always
26 Long-short feet, in poetry
30 Started
31 Actor Michael
32 Conk out
33 Woes
35 Paddock papa
36 Requirement
37 Say
38 Carlsbad attraction
41 Sis' counterpart
42 Operatic solo
43 Streetcars of a sort
48 Slapstick arsenal
49 A billion years
50 Concept
51 Vortex
52 Place for 15-Across, maybe
53 "Cut it out!"

Down

1 Superlative suffix
2 Needlefish
3 Past
4 Sharply dressed
5 Last write-up
6 Adversary
7 Couturiers' styles
8 Scabbard
9 Frost
10 Yours and mine
11 Sea eagle
16 Towel designation
20 Formerly
21 Hit hard
22 Finished
23 Change the decor
24 Used a crowbar
26 Having a flair for
27 Rewrite, maybe
28 Green land
29 Crystal gazer
31 Trucker with a radio
34 "— lies the head ..."
35 Emotionless
37 Web address, for short
38 Part of a Superman costume
39 Sahara-like
40 Fought (for)
41 German city
44 Fish eggs
45 Tokyo's old name
46 Longing
47 Took a chair

▶ Yesterday's answer

Sudoku

	2		3	1	8		7	
4								3
		8				6		
7	3		2		9		4	8
				4				
8	4		5		7		2	1
		3				8		
5								9
	8		4	9	5		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	6	2	4	5	1	8	7	9
5	9	4	7	3	8	1	2	6
1	8	7	6	9	2	4	5	3
8	7	6	9	2	4	3	1	5
4	5	3	1	8	7	6	9	2
2	1	9	3	6	5	7	4	8
7	2	5	8	4	3	9	6	1
6	3	1	5	7	9	2	8	4
9	4	8	2	1	6	5	3	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Julien
Hey you, I just wanted to let you know that each day I spend with you is the best day. I miss you the second you leave. Lots of special kisses & hugs. xo
FROM MAH

Chelsea (cupcake)
No matter where you are, or what your doing I will always be here for you. I spent my whole life giving up, I'm not giving up on you. You mean so much to me, and all I ever wanted to do was make you happy and see you smile. I'll never be mad at you, and having you in my life means so much. We have some history. Moments Frozen in Time. I Love you, your my bestest friend! Always xo
FROM J.J. MUFFIN

L..ife
lost without you...missing you a lot.
FROM LOST SMILE

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are about to make a huge decision. Don't worry that you might get it wrong, worry only that if you lose your nerve the chance might pass you by forever. Be bold.

♉ Taurus April 21-May 21 There is a lot of tension in the air and it won't depart until Thursday.

♊ Gemini May 22-June 21 You can be quite emotional at times and that side of your personality will be to the fore today.

♋ Cancer June 22-July 22 It might be wise to play safe, for now.

♌ Leo July 23-Aug.23 You may be a life-affirming Leo but a little caution is no bad thing.

♍ Virgo Aug. 24- Sept. 22 Set the record straight about what you've been up to and to point out how critics have jumped to conclusions a bit too easily.

♎ Libra Sept. 23-Oct. 23 You must tell the truth today, even if by doing so you cause yourself a certain amount of grief.

♏ Scorpio Oct. 24-Nov. 22 Why do you fear the worst for no good reason?

♐ Sagittarius Nov. 23-Dec. 21 Important arrangements may have to be changed at the very last moment but you will profit in numerous ways.

♑ Capricorn Dec. 22-Jan. 20 What you gain over the next few days will more than make up for what you have lost in recent weeks.

♒ Aquarius Jan. 21-Feb. 18 A relationship that has fallen into a rut of late can be re-energized, but you have to make the first move.

♓ Pisces Feb. 19-March 20. You don't have to be completely open about what you are doing — it's probably best to play your cards close to your chest.

SALLY BROMPTON

Caption contest

VADIM GHIRDA/THE ASSOCIATED PRESS

THEMBA HADEBE/THE ASSOCIATED PRESS

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